

PRANA BRUNCH. EAT WELL. FEEL BETTER.

You don't just eat. You choose how you feel.



COFFEE & TEA

Start slow. Stay sharp.

ESPRESSO	240
DOUBLE ESPRESSO	350
AMERICANO	300
LONG ESPRESSO	280
MACCHIATO	270/310
FLAT WHITE	420/460
LONG ESPRESSO & MILK	320/360
CAPPUCCINO	350/390

CAFFE LATTE	380/420
CHAI LATTE	450/520
+ Espresso shot	+100
MATCHA LATTE	480/560
UBE COCONUT LATTE	560
with mango syrup	

Choice of milk: regular or plant-based (oat/coconut).

BLACK TEA / GREEN TEA	390
AYURVEDIC TEA	380
HERBAL / FRUIT TEA	360

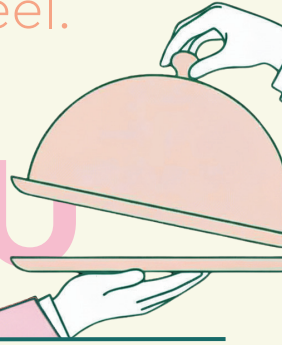
FRESH & BOOSTERS

FRESH ORANGE JUICE	440
C MIX	480
LEMONADE	330
GRAPEFRUIT	580
WATER STILL / SPARKLING	290
GINGER SHOT	190
KOMBUCHA	550
COCA COLA / ZERO	340
TONIC	350
BEER SALTO	480

SIGNATURE DRINKS

PRANA GIN TONIC	720
cucumber & lemon	
TROPICAL GIN FIZZ	760
gin, lemon, mango syrup, soda	
WHITE WINE SPRITZ	640
wine, soda, lemon	
PROSECCO 0,75L	3100
WHITE WINE GLASS / 0,75L	680/3400
ROSE WINE GLASS / 0,75L	640/3200


Menu




- Best seller **GF** - Gluten free

TOASTS

on sourdough or gluten free bread

 FABULOUS AVOCADO	840
tofu cream, avocado, cucumber, rocket, seeds	
SCRAMBLED EGGS	910
avocado, scrambled eggs, parmesan	
HONEY HALLOUMI AVOCADO TOAST	930
grilled halloumi cheese, avocado, fried egg, chili, honey	
Add-ons: fried egg 100/goat cheese 190 / prosciutto 230 / smoked salmon 230	

MORNING BOWL

 ACAI BOWL (GF)	980
acai, banana, oat milk, homemade granola	
Add-ons: Ube / peanut butter 220/160	
GRANOLA (GF)	790
granola, greek yogurt, fruit, chia	



OMELETS

served with prana tortilla bread and salad



OMELET CLASSIC (GF)	590
Add-ons: vegetable 120/bacon 220/shrimps 450	
KETO PLATE (GF)	910
eggs, bacon, avocado, goat cheese, rocket	
PROTEIN OMELET (GF)	890
1 egg + 3 egg whites, spinach, zucchini	

SUPERFOOD SMOOTHIES

 UBE GLOW (GF)	690	MANGO GOLD (GF)	710
ube, collagen, banana, red fruit, coconut milk, agave		mango, coconut milk, banana, pear	
		PROTEIN BOOST (GF)	680
		protein, banana, pear, oat milk, peanut butter	

POKE BOWLS

Feel-good bowls, designed for energy and focus.


 SHRIMP BOOST (GF) shrimp, brown rice, cucumber, mango, red cabbage, crunchy onion, sesame, mango dressing	1590
 SALMON GLOW (GF) grilled salmon, sweet corn, avocado, edamame, sesame, ginger, teriyaki	1550
STEAK ENERGY (GF) beef, quinoa, sweet potato, broccoli, cucumber, green onion, honey mustard dressing	1690
CHICKEN BALANCE (GF) chicken, quinoa, sweet potato, mushroom, carrot, sunflower seeds, miso dressing	1390
PRANA THAI BOWL (GF) tofu, rice, broccoli, cucumber, red cabbage, carrot, peanuts, pad thai dressing	1380



PASTA

our pasta is made from fresh homemade dough, choose spelt or GF

PRANA SIGNATURE - *Must try*

 PRANA THAI VEGE zucchini, tofu, broccoli, mushrooms, greens, ginger, pad thai, peanuts Add-ons: shrimps 450 / chicken 230	1190
SALMON PASTA salmon, sun-dried tomato, spinach, parmesan cream	1290
BEEF beef, vegetables, parmesan	1290
SHRIMP CHILI shrimp, cherry tomato, garlic	1290

CLASSICS - *Comfort, the Prana way*

 BEEF GORGONZOLA GNOCCHI	1260
CARBONARA	990
ALFREDO	1090
BOLOGNESE	1010
CHICKEN SPINACH	1090
PESTO SMOKED CHICKEN	1160
THREE CHEESE	990
RISOTTO CHICKEN MUSHROOM (GF)	1070
RISOTTO VEGETABLE (GF)	980
PRIMAVERA GNOCCHI	1090

HOMEMADE WRAPS

 PRANA SMOKED SALMON WRAP whipped goat cheese, smoked salmon, avocado, greens	1190
STEAK steak, rocket, greens, parmesan	1180
SHRIMP shrimp, avocado, mango, greens, chili mayo	1240
CAESAR chicken, bacon, greens, parmesan	980

SALADS

OCEAN FRESH (GF) shrimp, corn, salad, mango dressing	1260
STEAK GARDEN (GF) steak, cherry, parmesan	1260
PEAR & AVOCADO (GF) avocado, pear, cucumber, sesame Add-on: shrimps 450	960
CAESAR chicken, bacon, parmesan, croutons	1060



DESSERT

CARROT CAKE	580
BANANA BREAD	490
RAW CAKE (GF)	620
PROTEIN PANCAKES (GF)	750